

Are you Fit to a T?

Do you know your...

Blood pressure?

Cholesterol level?

Weight?

T-score?

That's right, T-score. If you had to think twice about what a T-score is, and no, it's not a golf term; chances are you're not alone.

It's all about your bones. If you want to shop 'til you drop, golf 'til your legs ache and line dance 'til you're 84 – knowing that your bones won't let you down – here's what you need to know.



Fit to a T™

FREE – OPEN TO THE PUBLIC

WHAT: *Fit to a T* bone health and osteoporosis education program, for men and women of all ages

SPEAKER: **Ziya "Z" Altug, PT, MS, CSCS, NSCA-CPT**
www.zaltug.com

WHEN: Wednesday, September 28, 2011
at 1:00 pm

WHERE: Willowbrook Senior Center
12915 Jarvis Ave
Los Angeles, CA

